



IFBB Physique America

Where the Elite Compete!

Constitution

January 2018

Article 1 – Interpretation

A. Interpretation: In the interpretation of the IFBB Physique America Constitution and Rules, unless the context otherwise requires:

1. “IFBB” shall mean the International Federation of Bodybuilding & Fitness.

2. “IFBBPA” shall mean IFBB Physique America.

3. “Constitution” shall mean the by-laws of the IFBBPA as set out in the Letters Patent and Supplementary Letters Patent and as prescribed and amended from time to time by the IFBBPA Executive Council.

4. “Rules” shall mean those rules, regulations, policies, guidelines, directives and decisions which the IFBBPA Executive Council may from time to time prescribe and amend for the purpose of carrying out the objects of the IFBBPA.

5. “Executive Council” shall mean the directors of the IFBBPA, comprised of the:

a. President

b. Executive Assistant to the President

c. Executive Director

d. General Secretary

e. Assistant General Secretary

f. Area Vice Presidents

g. State Chairpersons

h. Legal Counsel

6. “Congress” shall mean the Executive Council together with the State Chairpersons.

Article 2 – Logo

A. The logo of this organization, an impression of which is printed upon the front cover of this Constitution, shall be the official logo of the IFBBPA. The logo is a registered trademark and shall not be used without the expressed written consent of the IFBBPA. Where consent for use is granted, the logo shall not be modified in any way, shape or form.

Article 3 – Name

A. This organization shall be known under the name “IFBB Physique America”.

Article 4 – Affiliation

- A. IFBB Physique America is the United States affiliate to the International Federation of Bodybuilding and Fitness (IFBB). The IFBB, founded in 1946, is registered under Spanish law as a nonprofit legal entity and is an international amateur sport governing body for the sport of bodybuilding and fitness composed of the Executive Council and those National Federations that have been duly affiliated by the Congress. The “AFIFF” (Asociación-Federación Internacional de Fisicoculturismo y Fitness) is the natural successor to the “IFBB”.

Article 5 – Objective

- A. To develop, promote and control the sport of bodybuilding and fitness on an amateur level in the United States.
- B. To promote an interest in, and a dedication to, better health and fitness through physical culture, proper nutrition, and weight training.
- C. To develop and strengthen friendship and cooperation among the Members of the IFBBPA and the IFBB.
- D. To supervise the activities of the National, Regional and State Federations/Organizations.
- E. To legislate rules for the sport of bodybuilding and fitness in the United States.
- F. To sanction, regulate and control all international bodybuilding and fitness competitions in the United States.
- G. To implement an anti-doping program in accordance with such anti-doping rules as may be enacted for that purpose; to conduct in- and out-of-competition doping controls, whether announced or unannounced; whether random, weighted or targeted; whether with advance notice or without advance notice; to conduct doping controls at all competitions; and to ensure that anti-doping programs are implemented and that doping controls are conducted at national, regional and state levels.
- H. To conduct research into the benefits of bodybuilding and fitness as it relates to physical conditioning, both as a basis towards reaching peak athletic performance in sport and to improve the general health of the population at large.
- I. To conduct training programs for athletes, coaches, judges, and other officials.
- J. To distribute research information on physical culture, nutrition, and weight training to its Members and other interested individuals and organizations.
- K. To act as the official national representative of the sport of bodybuilding and fitness at all international sports federations meetings and events.
- L. To collaborate with the United States Olympic Committee (USOC) on every level.
- M. To qualify judges at the national level.
- N. To discipline Members whose acts are judged contrary to the Constitution and Rules.
- O. To honor outstanding contributions to the sport of bodybuilding and fitness, by Members or other individuals or organizations, with special plaques, medals or certificates.

Article 6 – General Provisions

- A. IFBBPA is a legally owned by IFBB America, LLC which is a registered LLC in the State of New York.
- B. Members of the Executive Council are appointed and serve on a voluntary basis.
- C. The IFBBPA forbids its membership from engaging in any racial, political or religious discussion, demonstration or act that may result, whether directly or indirectly, in the fostering of bias or prejudice between any of its Members.
- D. The IFBBPA does not distinguish or discriminate between individuals or countries for reasons of race, color, sex, sexual orientation, religion, or politics.
- E. The IFBBPA encourages gender equality at all levels in all of its ambits.
- F. The sole authority to interpret the Constitution and Rules of the IFBBPA shall rest with the President whose interpretation shall be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.

Article 7 – Official Languages and Correspondence

- A. English shall be the official language of the IFBBPA.

Article 8 – Membership

- A. Membership in the IFBBPA shall be non-transferable and shall be limited to those individuals who agree, upon becoming Members, to be bound by the Constitution and Rules and the decisions and rulings of the IFBBPA Executive Council.
- B. Membership shall be offered to any amateur athlete in the United States, over the age of 18, who agrees to abide by the Constitution and Rules of the IFBBPA.
- C. To obtain membership in a calendar year, an athlete is required to fill out the registration form and pay the yearly registration fee.
- D. The IFBBPA registration runs from January 1st until December 31st each year.
- E. All athletes competing in an IFBBPA show must be a current IFBBPA member.
- F. All Judges, Promoters and Officials must also be registered IFBBPA members and must also abide by the Constitution and Rules of the IFBBPA.
- G. IFBB Physique America is a Federation that is for the athlete, therefore, IFBB Physique America will not impose any sanction or penalty, or otherwise interfere in any way with, any person on account of that person's participation in any male or female amateur bodybuilding, amateur fitness, amateur physique, amateur figure, amateur wellness or amateur bikini contest offered by another organization, whether such person is an athlete, promoter, sponsor, vendor, or otherwise, and does not condone, ratify, facilitate or permit such actions by any IFBB Physique America officer and/or employee.

Article 9 – Duties of the Executive Council

- A. Direct the affairs of the IFBBPA in all matters, including the power to prescribe and amend the Constitution and Rules.
- B. Between meetings of the Executive Council, the President, Executive Assistant to the President, Executive Director shall be responsible for the day-to-day management and operation of the IFBBPA.
- C. Form such committees and delegate such authority as it deems necessary in order to carry out the objects of the IFBBPA.
- D. Supervise and control all of the activities of the IFBBPA.
- E. Make or cause to be made for the IFBBPA, in its name, any kind of contract that the IFBBPA may lawfully enter into.
- F. Ensure that the Constitution and Rules are followed by all of its Members and, in the event that the Constitution or Rules is breached, administer such disciplinary measures as are set out in the Constitution and Rules.
- G. Convene the meetings of the Executive Council and Congress.
- H. Ensure that the decisions of the Executive Council and Congress are carried into effect.
- I. The Executive Council shall meet once a year.
- J. The Executive Council may convene as often as necessary via teleconference calls of the
- K. The quorum at any meeting of the Executive Council shall consist of the Members of the Executive Council who are present at the meeting but must include the President.
- L. The President shall be the chair at all meetings of the Executive Council. Each Member of the Executive Council who is present and who is entitled to vote shall have one vote. Every issue before the Executive Council shall be decided by majority vote. In the event of a tie, the President shall have a second and deciding vote.
- M. Between annual meetings of the Executive Council, a resolution in writing, approved by a majority of the Members of the Executive Council entitled to vote on that resolution at a meeting of the Executive Council, is as valid as if it had been passed at a meeting of the Executive Council.
- N. The minutes of all meetings of the Executive Council shall be taken by the General Secretary, or a duly appointed representative, and shall be forwarded to the Members of the Congress.
- O. If an Executive Member resigns or is removed from his or her position due to violation to the Constitution and Rules of IFBBPA, the President will have the sole responsibility to replace that Member.
- P. The decisions and rulings of the Executive Council shall be final except where a decision or ruling subsequently fails to be confirmed by the Congress.
- Q. Any Member of the Executive Council who is absent without just cause from any two consecutive meetings of the Executive Council, or who neglects his duties, unless for a valid reason, may be replaced by a majority vote of the Executive Council.
- R. The sittings of the Executive Council shall be conducted in private.

Article 10 – Congress

- A. The Congress shall be composed of the Members of the Executive Council together with the State Chairpersons.
- B. The powers of the Congress are to confirm or withhold confirmation of the Constitution and Rules, or any amendment to the Constitution and Rules, to consider any matter pertaining to the objects of the IFBBPA, to adopt any measure it may judge necessary on this subject, to consider and transact any general or special business properly brought before the Congress.
- C. The annual meeting of the Congress shall be held once a year in conjunction with a major championship.
- D. The agenda of the annual meeting of the Congress shall consist of, but shall not be limited to, the following items: the examination and approval of the annual reports of the President, the selection of locations for all national events, propositions from the State Chairpersons.
- E. The quorum at the annual meeting of the Congress shall consist of those State Chairpersons present, or their duly appointed representatives or proxies, and the Members of the Executive Council who are present at the meeting. The President, or the Executive Assistant to the President; the Executive Director, or the General Secretary, or the Assistant General Secretary, must be present.
- F. The President shall be the chair at the annual meeting of the Congress. Each State Chairperson present, provided they otherwise qualify, is entitled to one vote. Each Member of the Executive Council who is present and who is entitled to vote shall have one vote.
- G. Every issue before the Congress shall be decided by majority vote. The chair of the meeting shall have a second and deciding vote in the case of a tie.
- H. The minutes of the annual meeting of the Congress shall be taken by the General Secretary, or a duly appointed representative, and shall be forwarded to the Members of the Congress as part of the “IFBBPA Congress Report”.

Article 11 – Duties of President

- A. The President is the Chief Executive Officer of the IFBBPA.
- B. To have the general and active management of the affairs of the IFBBPA.
- C. To chair, direct the debate, preside over and keep order at all meetings of the Executive Council and Congress, according to the tradition and rules of parliamentary debate.
- D. To ensure that all orders and resolutions of the Executive Council and Congress are carried into effect.
- E. To have the sole authority to interpret the Constitution and Rules, said interpretation to be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.
- F. To be the official spokesperson and representative of the IFBBPA in all matters of public relations.
- G. To represent the IFBBPA at all international meetings.

- H. To personally inspect any upcoming IFBBPA event and be present at any IFBBPA event at his discretion. The organizer shall incur the cost of his first-class travel, suite accommodations, and meals.
- I. To attend all World Championships and all continental championships.
- J. To preside over the Judges meetings at all national competitions, with the authority to settle any dispute or appeal that may arise.
- K. To have a second and deciding vote in the event of a tie at any meeting of the Executive Council or Congress.
- L. To have authority to appoint a representative or representatives to attend any particular event should he, for whatever reason or reasons, be unable to do so. The representative(s) shall be accorded the same privileges as the President.
- M. To have authority to make appointments, or withdraw appointments, to positions on the Executive Council and all Standing and Ad Hoc committees and commissions.
- N. To have authority to appoint a "delegate-at-large" whose purpose shall be to assist in the organization of bodybuilding and fitness events within a specific area of the US.
- O. To be an ex-officio Member of all standing or "ad-hoc" committees.

Article 12- Duties of the Executive Assistant to the President

- A. To assist the President in the performance of his duties.
- B. To assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member, or a State Chairperson. If necessary, the President may direct that he conduct an investigation in the state concerned and the State shall incur the cost of his business-class travel, accommodations and meals.
- C. To make, when mandated by the President, the inspection tour of the any upcoming competition. The organizer shall incur the cost of his business class travel, accommodations and meals.
- D. To be an ex-officio Member of all standing or "ad hoc" committees.
- E. To represent the IFBBPA when mandated to do so by the President.
- F. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

Article 13- Duties of the Executive Director

- A. To assist the President in the performance of his duties.
- B. To correspond and liaise with the State Chairpersons as directed by the President.
- C. To be the consultant for all State Chairpersons requiring information or advice on the Constitution and Rules, or about actions of their Members which are in violation of the Constitution and Rules.
- D. To make, when mandated by the President, the inspection tour of any upcoming competition. The organizer shall incur the cost of her business-class travel, accommodations and meals.
- E. To be an ex-officio Member of all standing or "ad hoc" committees.
- F. To represent the IFBBPA when mandated to do so by the President.

- G. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

Article 14- Duties of the General Secretary

- A. To assist the President in the performance of his duties.
- B. To record, or have recorded, in the books to be kept for that purpose, all votes and minutes of the meetings of the Executive Council and Congress.
- C. To give or cause to be given notice of all meetings of the Executive Council and Congress.
- D. To carry out any correspondence that may be directed by the President or the Executive Council.
- E. To keep and maintain files of all documents in writing of the IFBBPA.
- F. To have custody of the minute book and seal of the IFBBPA, which he shall deliver only when authorized by the President to do so and to such person or persons as may be named by the President.
- G. To provide information concerning bodybuilding and fitness to interested parties.
- H. To assist the President in drawing up the agenda of the annual meeting of the Congress; to include the propositions from the State Chairpersons and to send this agenda to the Members of the Executive Council and to the State Chairpersons no later than thirty days prior to the date fixed for the annual meeting of the Congress.
- I. To distribute the annual "IFBBPA Annual Congress Report" to the State Chairpersons.
- J. To ensure the publication of all championship results at the national and international levels.
- K. To assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member or a State Chairperson.
- L. To be an ex-officio Member of all standing or "ad hoc" committees.
- M. To represent the IFBBPA when mandated to do so by the President.
- N. To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

Article 15- Duties of the Area Vice Presidents

- A. To assist the President in the performance of his duties.
- B. To supervise the activities of the States within their continental jurisdiction without interfering with the internal control of the States unless they violate the Constitution and Rules.
- C. To take an active part in the organization of the regional championships within their jurisdiction.
- D. To play an active advisory role at any state annual meeting of any congress that may be held within their jurisdiction.
- E. To report on the activities of their states at the annual meeting of the Executive Council and Congress.
- F. To ensure that a regional championship is organized every year in their area under their jurisdiction.

- G. To fulfill any other duty, or duties that may be assigned by the President or the Executive Council.

Article 16 – IFBBPA Property Rights and Liabilities

- A. All IFBBPA competitions, events and activities are the sole exclusive property of the IFBBPA. The granting of a sanction to organize an IFBBPA competition, event or activity shall, in no way, shape or form, signify that the IFBBPA has relinquished its property rights, in whole or in part, to the competition, event or activity.
- B. The IFBBPA shall not be held liable for any financial or other loss to an organizer, and/or associate, should the IFBB exercise its right, with just cause, to claim or reclaim its property, whether that property is a competition, event or other activity.
- C. The IFBBPA shall not be held liable for any legalities resulting from any activity at any sanctioned competition. Each individual Promoter is responsible for any and all activities at their event and any legal action resulting from an activity at that event is the sole and exclusive responsibility of the Promoter.

Article 17- Doping

- A. Position Statement: The practice of sport involves physical health and fitness, dedication to training, and proper nutrition. Doping, which includes the use of Prohibited Substances and Prohibited Methods to artificially enhance performance, is unethical, contrary to the concept of fair play, undermines the values of sport, and can endanger the health of the athletes. The practice of doping is forbidden within the IFBBPA.
- B. The IFBBPA officially recognizes the World Anti-Doping Agency (WADA) as the ultimate authority in anti-doping matters.
- C. The IFBBPA conforms to the provisions of the WADA Code.
- D. The IFBBPA officially recognizes the authority of the Court of Arbitration for Sport (CAS).
- E. The IFBBPA will create a Doping Commission (DC) consisting of the President, the Executive Assistant to and President, the Executive Director and two other Executive Council members appointed by the President.
- F. The DC will have authority to conduct investigations, to issue reports, to make findings in fact, and to make recommendations regarding all doping matters.
- G. The DC will have authority to impose Provisional Suspensions.
- H. The DC will have authority to impose Suspensions on Athletes and other Persons in accordance with the provisions of the Anti-Doping Rules and WADA Code and to have authority to fine [in an amount set by the Executive Council] Affiliated or Recognized Federations for breaches of the Anti-Doping Rules and/or WADA Code.
- I. The DC will act as the Hearing Body of first instance. The DC shall establish rules for the conduct of such hearings based on the principles set out in the Anti-Doping Rules and WADA Code.
- J. The DC will have authority to investigate, evaluate and decide upon requests for Therapeutic Use Exemptions (TUEs) for Athletes competing at the World Championships.

- K. The DC will manage the online ADAMS (Anti-Doping Administration and Management System) program.
- L. The DC will liaise with WADA on all issues related to the Anti-Doping Program, Anti-Doping Rules and/or WADA Code; to advise WADA of all Anti- Doping Rule Violations and the Results Management of same.
- M. The DC will cooperate with other Anti-Doping Organizations for the efficient and effective Results Management of IFBBPA Athletes and other Persons participating at events under the control of these ADOs.
- N. The DC will submit to WADA the Doping Control Annual Summary.
- O. The DC will assist the IFBBPA with its Anti-Doping Educational Program.
- P. The DC will perform any duty consistent with its mandate and in accordance with the Anti-Doping Rules and/or the WADA Code.

Article 18 – Amendments

- A. The Constitution may be repealed or amended by majority decision of the Executive Council. Any such repeals or amendments must be confirmed by majority decision of the Congress.

Article 19- IFBBPA CODE OF ETHICS

- A. The IFBBPA Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the IFBBPA family.

Article 20- IFBBPA CODE OF ETHICS-ATHLETES

- A. Athletes join the IFBBPA of their own free will and, in so doing, agree to abide by the IFBBPA Constitution and Rules of which the Code of Ethics forms an integral part.
- B. Any Athlete who is found to have contravened the Code of Ethics may be subject to disciplinary measures.
- C. All Athletes, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves to fulfill our responsibility to society, to other athletes, judges, officials, and administrators of the IFBBPA.
- D. All Athletes agree to honor, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
- E. All Athletes agree to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
- F. All Athletes agree to respect the IFBBPA Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.

- G. All Athletes agree to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
- H. All Athletes agree to assist the IFBBPA in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBBPA.
- I. All Athletes agree to work for the IFBBPA, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and to refrain from personal attacks against any other Member of the IFBBPA.
- J. All Athletes agree to continue striving for bodily perfection and correct moral principles.
- K. All Athletes agree to honor the special trust conferred upon us by our participation in, and by our representation of, the IFBBPA and our country, at international events, and to adhere to the standards of personal conduct expected of us.
- L. All Athletes agree to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.
- M. All Athletes agree to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBBPA.
- N. All Athletes agree to oppose the use of banned substances and methods and to compete drugfree.
- O. All Athletes agree to refrain from any conduct that may be considered prejudicial to the IFBBPA.
- P. All Athletes agree to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBBPA.

Article 21- IFBBPA CODE OF ETHICS- JUDGES

- A. Judges agree to apply honestly, impartially, and objectively all of the rules governing competitions.
- B. Judges agree to safeguard the interests of all competitors on equal terms.
- C. Judges Agree to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, administrators to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
- D. Judges agree to respect the IFBBPA Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities, to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
- E. Judges agree to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions, to assist the IFBBPA in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport

in a positive manner, and protecting the good image and integrity of the sport and the IFBBPA.

- F. Judges agree to work for the IFBBPA, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip, to refrain from personal attacks against any other Member of the IFBBPA and to honor the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected.
- G. Judges agree to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objectives of the IFBBPA.
- H. Judges agree to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
- I. Judges agree to refrain from any conduct that may be considered prejudicial to the IFBBPA.
- J. Judges agree to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBBPA.

Article 22- CODE OF ETHICS- OFFICIALS

- A. The IFBBPA Executive Board and IFBBPA Promoters are hereby referred to as Officials.
- B. Officials agree to serve all members, be they athletes, judges officials, or other administrators, according to their needs.
- C. Officials agree to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
- D. Officials agree to safeguard the health and physical fitness of the athletes.
- E. Officials agree to provide the athletes with the best possible conditions for achieving bodily perfection.
- F. Officials agree to provide the athletes, judges, and other officials/administrators, with the best possible conditions for the conduct of competitions.
- G. Officials agree to cooperate with the organizers, judges, and other officials/administrators in the carrying out of their competition duties with the utmost of efficiency.
- H. Officials agree to respect the IFBBPA Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBBPA.
- I. Officials agree to assist the IFBBPA in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBBPA.
- J. Officials agree to work for the IFBBPA, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and to refrain from personal attacks against any other Member of the IFBBPA.
- K. Officials agree to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.

- L. Officials agree to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport in the progressive furtherance of the objects of the IFBBPA, to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free, to refrain from any conduct that may be considered prejudicial to the IFBBPA and to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBBPA.